

The Sourdough

S E N T I N E L

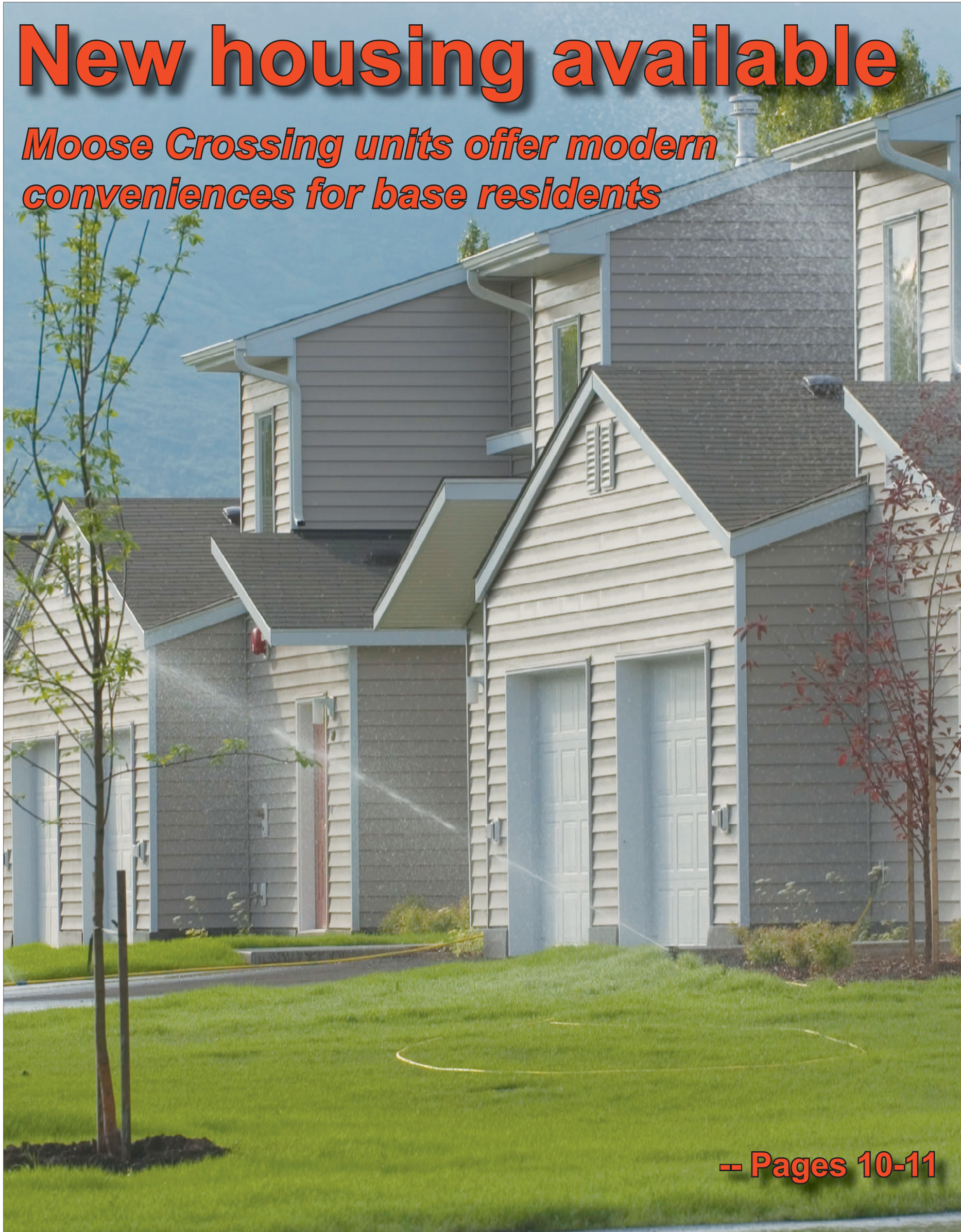
July 15, 2005

Elmendorf Air Force Base, Alaska

Vol. 56, No. 28

New housing available

Moose Crossing units offer modern conveniences for base residents



-- Pages 10-11

Elmendorf prepares for deployment

Air Force officials make changes, try to improve process for those deploying

By Capt. Eric Badger
3rd Wing Public Affairs

As approximately 400 Elmendorf personnel prepare for Air and Space Expeditionary Force 7 and 8 deployments this fall, Air Force officials provide insight on the upcoming deployment cycle and make improvements to the overall AEF process.

According to Ms. Jena Fletcher, Elmendorf installation deployment officer, a deploying member's orders will provide a number called the estimated tour length or ETL. This number does not include the total number of days away from home station.

"The ETL may read 122, 135 or 179 days on your orders," she said. "That is the number of days they project you will be in your actual job. This number doesn't include any travel time, en route training or line remarks some positions may have that require 5 to 7 days overlap at your deployment location. Therefore, it's important for deploying members to add any days involving line remark requirements, or travel time to the ETL for a more accurate idea of how long they will be deployed."

Another item to consider is the "Boots On Ground" policy that allows the deployed commander the authority to extend personnel for 14 days without approval, according to Ms. Fletcher.

"This policy allows commanders the flexibility to work out travel problems or any last minute turnover issues," she said. "If the commander needs more than two weeks, the extension will require Air Force level approval."

Since AEF 7/8 Airmen are due back to their home stations around January 2006, Air Force and Army officials are working together on solutions to de-conflict AEF returns with the return of Army soldiers who had deployed last January in order to

support Iraqi elections.

"The Army will not be extended over 365 days," said Fletcher. "If the Air Force and Army aren't able to work out another solution, the Army will get the priority airlift out of the area of responsibility and the Air Force AEF 7/8 deployed members may be extended up to two weeks waiting on airlift."

In an effort to streamline the area of operations arrivals and departures, the AEF center is also changing deployment travel routes.

"In past deployments, Airmen have usually gone to their deployed location through Baltimore," said Ms. Fletcher. "Now the center is setting up pickup points all across the Air Force where Airmen will gather and get strategic airlift to their destination. Elmendorf will receive two commercial aircraft here between September 3 and 15, that will take personnel directly to the AOR."

The majority of Elmendorf personnel will fly to the AOR via the two commercial aircraft scheduled to arrive here. However, some people will fly out of another pickup point. Some of the various pickup points across the Air Force include Norfolk, Virginia, as well as Travis, Grand Forks, Scott, Yokota and Misawa Air Force Bases.

"Air Force officials are scheduled to have the final airlift plan completed by Tuesday," said Ms. Fletcher. "There are approximately 13,000 people tasked for AEF 7/8 throughout the Air Force, and less than 4,000 people will travel through Baltimore."

The AEF Center and Transportation Command recently started the Single Ticket Program that will help lessen wait time for members who have arrived to the AOR, but require ongoing airlift to their primary deployed installation.

This program will allow personnel to get clear, up-to-date information on their next flight, the aircraft type



TECH. SGT. SHARON BALTAZAR

Tech. Sgt. Adrian Cadiz, 3rd Communications Squadron, checks his mobility bag one last time before leaving for last September's AEF deployment.

and when the aircraft is expected to depart, said Ms. Fletcher.

"They are now measuring the wait time in the AOR in hours instead of days," she said. "The program had great success in AEF 5/6."

As part of AEF 7/8, the majority of Elmendorf personnel will deploy to Southwest Asia. In all, the base will have approximately 400 members deployed to about 25 different locations.

According to Ms. Fletcher, the number of Elmendorf personnel tasked to deploy is subject to change even though the base has received the majority of its AEF 7/8 taskings. The base can receive taskings until December 31.



Staff Sgt. Gina Basar, 3rd Mission Support Squadron, created a faster, more efficient method of routing Unfavorable Information Files and Article 15s through the 3rd Wing. Additionally, she initiated corrections of records at Air Force Personnel Center for four Airmen thus increasing their chances for promotion. She also closed out four pay Case Management System cases resulting in one Airman receiving \$30K. Sergeant Basar ensured the accuracy of 357 promotion selectees' records and processed more than 100 transactions, all of which were 100% accurate.

Staff Sgt Jonathan Bowman, 19th Fighter Squadron, assumed noncommissioned officer in charge responsibilities during shop leadership 35-day absence and with 50% section manning. While learning fighter life support he assured 100% unit taskings were met. He executed an Air Force-directed interim safety time compliant technical order inspection, ensuring 28 parachutes were safe and compliant. Additionally, he instructed chemical defense to 60 aircrew guaranteeing operating procedures in a critical wartime chemical environment were understood.

Tech. Sgt. Abigail Rivera, 12th Fighter Squadron, was hand-picked to accompany a military member with significant medical problems on an Air Evacuation to Wilford Hall Medical Center in San Antonio, Texas. She was 1 of 20 Medical Technicians trained to conduct medical operations for the Space Shuttle Crew, in case of an emergency landing here at Elmendorf. She also extended her time and knowledge to the community by administering the Presidential Fitness exam at local elementary schools.



Col. Hawk Carlisle
3rd Wing commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Hawk Carlisle. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Col. Christopher Thelen, 3rd CES/CC
552-3007
Lt. Col. David Aupperle, 3rd SVS/CC
552-2468
Lt. Col. Robert Garza, 3rd SFS/CC
552-4304



The Sourdough
SENTINEL

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3rd Wing Moment in History

July 21, 1920:



A flight of 4 DH-4s departed Mitchel Field, NY, on a round trip flight to Nome, Alaska. The flight landed at Wrangell, AK on Aug. 13, 1920, linking the territory for the first time by air with the rest of the United States. This was also the first landing of a military aircraft in Alaska.

Air Force fitness testing slated for changes

By Staff Sgt. Todd Lopez

Air Force Print News

WASHINGTON -- Air Force officials are making a few changes to the physical fitness test used to assess the fitness of Airmen.

In January 2004, the Air Force underwent a major change in the way it looked at fitness. As part of the Fit to Fight program, the service adopted a more stringent physical fitness assessment that measures aerobic fitness, physical strength/endurance and body composition.

Now, 18 months into the program, senior leaders are ready to tweak the assessment to make it even better, said Lt. Gen. (Dr.) George Peach Taylor Jr., Air Force surgeon general.

"We have gotten together a group of scientists and done surveys asking folks if they like the assessment and are there issues with it," Dr. Taylor said. "This last year we brought an update to Corona and are now in the middle of updating a few changes to the Air Force instruction that defines the fitness evaluation."

Updates to AFI 10-248 will include a change in how body composition is measured, a new table for the running portion of the test that takes into account the runner's elevation, and a change in the number of days an Airman must wait before retesting after having scored in the marginal category.

Under the original fitness evaluation, body composition scores were based on abdominal circumference only. The updated AFI will now direct that body composition also be measured using body mass index.

BMI is calculated by dividing weight in pounds by height in inches squared, and multiplying the result by 703. According to the Centers for Disease Control and Prevention, those with a BMI between 18.5 and 24.9 are considered to be normal. Those with a BMI of 25 or above are considered overweight.

Under the updated AFI, Airmen with a BMI of less than 25 will earn the full 30 points for body composition. For Airmen who score a BMI 25 and above, Dr. Taylor said the results of the waist measurement would be used to calculate their test score.

"That will still be an important measure of their health," he said. "Waist measure is closely related to increased risk for metabolic syndrome, diabetes, hypertension and heart disease. Fat distribution is the critical indicator, as opposed to weight."

For those who score marginal, between 70 and 74.9 points, the Air Force plans to correct the time to retest at 90 days; currently, retest for marginal category is 180 days. This will be consistent with the retest time for poor scores, those less than 70.

Changes to the AFI will also include adjustment for those at high-altitude installations. This applies to those at installations with an elevation of 5,000 feet or greater, Dr. Taylor said.

"We'll use the formula for altitude calculations recommended by the National Collegiate Athletic



COURTESY BASE PHOTO LAB

Despite the chill, Arctic Warriors gathered together last year to help the Air Force launch its latest version of the physical fitness test.

Association," he said.

The Air Force continues to look at ways to improve the fitness evaluation and remains committed to the Fit to Fight program, Dr. Taylor said, because the program has proven successful.

"Participation at fitness centers is up 30 percent now," he said. "And if you go to the field, like in Iraq or Afghanistan, you will find a continued focus on health."

The assessment is not the focus of the fitness program, but a tool to assess the commander's fit-

ness training program.

"I want to make very clear that my focus is not on passing a fitness test once a year," said Gen. John P. Jumper, Air Force chief of staff, in his Oct. 17, 2003, Chief's Sight Picture. "More important, we are changing the culture of the Air Force. This is about our preparedness to deploy and fight. It's about warriors. It is about instilling an expectation that makes fitness a daily standard -- an essential part of your service."

Changes to the AFI are expected in September.

New changes applied to spouse's tuition assistance

By Mrs. Kitty Bryan
Elmendorf Education Center

The upcoming Spouse Tuition Assistance Program term will see some new changes to the program.

The changes to the program will ensure applications are received and processed more quickly as well as provide the STAP committee with the most accurate information to determine award of STAP funds.

The STAP Application Form is a financial contract, which by signing, makes the applicant liable for funds awarded.

The highlights of the changes are:

- Requiring a computer-generated application. (Hand written applications are no longer accepted)

- Submitting a new application if classes are changed, added or dropped

- Providing a STAP Approval Letter to each applicant which lists the approved classes and amount of financial aid. Applicants must pick up the letter from the Education Center and provide it to their school. This letter formally notifies the school of the approved classes and aid.

All applicants must notify the STAP Administrator when switching schools, dropping or not enrolling in class before the class start date or when receiving any amount of financial assistance which has been applied to the term after STAP has been awarded.

Applicants must formally disenroll (from the class) from the school and provide a copy of the withdrawal slip to the STAP Administrator.

Failure to notify the STAP Administrator of changes may result in ineligibility for future assistance

and/or immediate reimbursement to Air Force Aid Society of financial aid received.

The next STAP term dates and deadlines end July 29 for classes that begin in August or September.

For more details on the STAP Application Process or questions about STAP visit www.elmendorf.af.mil, open "units" and look for the 3rd Mission Support Group and the Education Office. Individuals may also stop by the Education Center located at 4109 Bullard Ave, Suite 232, or call 552-3494.

DoD changes sexual assault program

By **Capt. Demetria Johnson**
SARC Coordinator

There are a few changes in the Department of Defense Sexual Assault program that went into effect June 14.

The DoD has directed the implementation of confidentiality in the form of a restricted reporting option that enables active duty military members to report allegations of sexual assault and receive medical care, counseling and a victim advocate without triggering an investigation.

This new approach to sexual assault seeks to eliminate some of the barriers to reporting previously identified in Air Force focus groups like lack of privacy, blame, stigma, shame, and fear of revictimization.

The Department of the Defense-wide Sexual Assault Awareness Response and Prevention Program, previously known as the Victim Support Liaison Program, exists to address the problem of sexual assaults.

In 2004, 456 of Air Force members reported sexual assaults to the authorities.

This number only reflects the reported cases. Sexual Assault is the most under-reported violent crime in the military and American society. In fact, it is estimated that only 1 in 3 persons actually report being a victim of sexual assault.

Sexual Assault is criminal conduct and falls well short of the standards America expects of its men and women in uniform.

In addition, it violates Air Force Core Values. Inherent in our Core Values of Integrity First, Service before Self, and Excellence in All We Do is respect: Self-respect, mutual respect, and respect for our Air Force as an institution.

Our core values and respect are the foundation of our wingman culture — a culture in which we look out for each other and take care of each other.

Incidents of sexual assault corrode the very fabric of our wingman culture; therefore we must strive for an environment where this type of behavior is not tolerated and where all Airmen are respected.

Sexual Assault includes such acts as rape, nonconsensual sodomy, and indecent assault or attempts to commit these acts. Included in the new DoD policy, is the creation of a position at each installation called the Sexual Assault Response Coordinator.

The SARC serves as the single point of contact for integrating and coordinating sexual assault victim care from an initial report of sexual assault, through disposition and resolution of issues related to the victim’s health and well being. This victim support system provides 24 hour sexual assault response capability.

Another integral part of the Sexual Assault Prevention and Response program is the Victim Advocate.

These military members and DoD civilian volunteers will be liaisons within the Sexual Assault Awareness, Response, and Prevention program. They will be trained and then assigned to provide support for sexual assault victims to ensure they get the assistance they need.

In my new role as interim SARC, I want to ensure you know that Department of Defense and Air Force Leadership have zero tolerance for sexual assault. I need each of you to understand that sexual assault is a readiness issue.

When a member of our Air Force family has been violated, it has a direct impact on how they perform the mission. Because of that fact, we must all resolve to do what is necessary to take care of our wingmen—that includes reporting sexual assault.

What we care about in all cases of sexual assault is taking care of the victim. People are, and will continue to be, the Air Force’s most important resource.

For more information about the DoD Sexual Assault program or to volunteer to be a victim advocate, call 551-SARC (7272).



Rules for driving in Alaska

By Sgt. 1st Class Lisa Curtis
Staff Judge Advocate's Office

Let's say you just arrived to Alaska and want to know whether you need to register your vehicle in Alaska even though you are a resident of another state. Does Alaska require you to obtain an Alaska driver's license? What about emissions testing? Military members and their families should become familiar with Alaska's motor vehicle laws while stationed here.

Military members with a valid driver's license from another state who maintain permanent residence in that sate are not required to obtain an Alaska driver's license. However, their dependents are not exempt and must obtain an Alaska license within 90 days after arrival in the state.

Likewise, every vehicle in Alaska is required to be registered unless specifically exempted by law. However, military members do not have to register if they are in Alaska on active-duty orders and remain a resident of another state.

Nonresidents who want to register their vehicles in Alaska may avoid paying the Alaska motor vehicle registration tax if they provide the Alaska Division of Motor Vehicles with a copy of their current Leave and Earnings Statement that shows their state of legal residence. Or they can furnish a military affidavit that can be downloaded at www.state.ak.us/dmv.

ak.us/dmv/forms/pdfs/828.pdf. Vehicles registered to family members of military are not exempt and must be registered within 10 days after the family member enters Alaska or becomes employed.

Emissions testing is required if you live in the Municipality of Anchorage. This applies to active-duty military members whether or not their vehicle is registered in Alaska. The test is not required if your vehicle is a motorcycle, is newer than two years old or is a 1967 model year vehicle or older. Vehicles that run on diesel need only one inspection.

To operate a vehicle in Alaska, a driver must have motor vehicle insurance in effect when it is operated. A minimum \$50,000 of insurance for injuries or death to any one person, \$100,000 for total injuries or death per collision, and \$25,000 for property damages.

Proof of insurance must be in the driver's possession when the vehicle is being operated and if asked to present the vehicle insurance to a police officer, the driver must present a certificate stating the vehicle is insured for the date it is being operated.

Failure to carry insurance may result in impoundment of the vehicle or suspension of the driver's license.

Finally, studded tires are legal in Alaska from Sept. 16 to April 30.

If you have further questions, visit the Alaska DMV website at www.state.ak.us/dmv.

Administrative Actions

Article 15s:

■ An airman 1st class with the 3rd Equipment Maintenance Squadron failed to report for duty. His punishment consisted of a suspended reduction to the grade of airman, suspended forfeiture of \$200 for two months and 30 days of extra duty.

■ A staff sergeant with the 732nd Air Mobility Squadron used his government travel card for unauthorized purchases. His punishment consisted of a suspended reduction to senior airman, 25 days extra duty and a reprimand.

Administrative Discharges:

■ An airman 1st class from the 3rd Wing was administratively discharged for minor disciplinary infractions. His misconduct included an Article 15 for failing to go at the time prescribed to his appointed place of duty, willfully disobeying a lawful order and failing to maintain dress and personal appearance standards within AFI 36-2903 and a vacation action of suspended non-

judicial punishment for failing to maintain his dormitory room within required standards. The member also received two Letters of Reprimand for failing to report to his appointed place of duty at the time prescribed. The member's misconduct resulted in his general discharge.

■ An airman basic from the 3rd Equipment Maintenance Squadron was administratively discharged for minor disciplinary infractions. His misconduct included an Article 15 for failing to go at the time prescribed to his appointed place of duty and willfully failing to study his Career Development Course material and a vacation action of suspended nonjudicial punishment for failing to go at the time prescribed to his appointed place of duty. The member also received five Letters of Reprimand and three Letters of Counseling, two of which resulted from

failing to report to his appointed place of duty at the time prescribed. The member's misconduct resulted in his general discharge.





Capt. Andrew Adamich

Duty title: 3rd Aerospace Medicine Squadron, optometrist
Hometown: Gunnison, Colo.
Hobbies: Hanging out with his four sons, fishing, hunting, snow-boarding and hiking
How he contributes to the mission: It’s my job to make sure people can see — vision ready is mission ready
Time at Elmendorf: One year
Time in the Air Force: Three years
Best part of being in Alaska: The great outdoors
Supervisor’s comments: “Captain Adamich is outstanding and is one of the finest optometrists I’ve worked with. He’s the clinic productivity leader, provides top-notch eye care and has participated in many group and wing events. He’s a great Air Force representative, and sets the standard for excellence in the flight!” Maj. Dave Peterson



PHOTOS BY TECH. SGT. ADRIAN CADIZ

Senior Airman Kevin Catron

Duty title: 3rd Communications Squadron, messaging network trainer
Hometown: Gainesville, Fla.
Hobbies: Computers and hiking
How he contributes to the mission: He maintains and manages email servers on base
Time at Elmendorf: One year, seven months
Time in the Air Force: Two years, three months
Supervisor’s comments: “Senior Airman Catron is a trainer of the highest caliber. He accomplishes training with a positive attitude and an easy-to-learn method. He writes procedures that give our new Airmen a better grasp of how messaging servers work. He is also the go-to-guy for all high-level troubleshooting.” Staff Sgt. Ronald Horn

Change of Command

The 19th Fighter Squadron will host a change of command ceremony at Hangar 3 at 10 a.m., today. Lt. Col. Roger Witek will assume command from Lt. Col. Richard Hand. For more information, call 2nd Lt. Tracey Cooper at 551-1907.

Space-A Travel

Those looking for more information on space-available travel opportunities may contact the Passenger Terminal at 552-4616/8388. Those who wish to visit in person may do so 24 hours a day at 10364 18th Ave., next to Base Operations.

Gate Closure

The Post Road Gate will be closed to outbound traffic through Sunday. The inbound lanes will remain open for normal operations and all commercial vehicles are to use the Muldoon Gate to leave base. For more information, call Tech. Sgt. Bobby Wilkins at 552-2994.

VCC Relocation

The 3rd Security Forces Squadron customer service functions including vehicle registration, de-registration, processing WG 22 function requests, extended passes and issuing of long term contractors passes and ID cards will be located in Bldg 8517/People Center Basement, Room B-40, adjacent to the Tax Center along with the Pass and Registration office beginning today. The hours of operation starting Monday will coincide with the

People Center customer service hours, Monday-Friday, 7:30 a.m. to 3 p.m., closed holidays and 3rd Wing down days. The existing VCC will be open daily 6 a.m. to 6 p.m., to issue short term visitor and vehicle passes only. After 6 p.m., the installation entry controller at Boniface Gate will provide assistance. The relocation of services will allow the 3rd SFS to create a centralized customer service location within the People Center. For more information, please call Master Sgt. Dale Glover at 552-2132.

Home Buying Seminar

The Housing Office is offering a home purchasing seminar July 25 at the Housing Office located at 6346 Arctic Warrior Drive. The class lasts approximately two to three hours. Seating is limited, so call early for reservations at 552-4439/4328.

ERC Course

There will be an Experienced Rider's Course available for motorcyclists who have at least six months riding experience and who have taken the Beginning Rider's Course. Classes are available at 8 a.m. July 28 or 29 at the motorcycle range. For more information, call Tech. Sgt. Rusty Schmidt at 552-6851.

Wing Golf Tournament

The 3rd Wing annual golf tournament is July 29; players must sign

up by July 22. Registration begins at 5:45 a.m. and a shotgun start is scheduled for 7 a.m. The \$25 per-person registration fee doesn't include greens fees or cart costs. For more information call 552-1435 or 552-0238. The Air Force Ball Committee is planning this year's festivities, scheduled for Sept. 10 at the Sheraton Hotel in Anchorage. To help keep ticket prices inexpensive for junior enlisted members, the committee is accepting donations. For more information, call Capt. Theresa Clark at 580-1600.

Legal Help

The Base Legal Office provides legal assistance for those who need it in following areas, just to name a few:

- Deploying members who need to be legally ready
- Those who've experienced significant changes in their life, such as marriage, the birth of a child, divorce, death in the family, etc.
- People who have a claim for damages to household goods while PCSing
- Those having problems with a creditor or landlord
- People who have legal questions about divorce
- Other private matters that require legal attention

For more information, call Base Legal at 552-3046.



Chapel Schedule

Catholic Parish

■ **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
■ **Sunday Mass:** 10:30 a.m. at Chapel 1
■ **Sunday Evening Mass:** 7 p.m. at Chapel 2
■ **Confession:** 6 p.m. Sundays at Chapel 2

Protestant Sunday

■ **Liturgical Service:** 9 a.m. at Chapel 2
■ **Celebration Service:** 9 a.m. at Chapel 1
■ **Gospel Service:** noon at Chapel 1
■ **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

■ **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
■ **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

Arctic Life

Great living in the great land

Drink too much? Don't drive; look for this instead

By Tech. Sgt. Theo McNamara
Staff Writer

Getting a ride home is now a little easier to find thanks to the combined efforts of Elmendorf's Air Force Sergeants Association, the Airmen Against Drunk Driving and a local sign making company.

The collective effort to get the signs – that AADD volunteers will attach to their cars – was to make it as easy as possible for people who've called for a ride to identify a volunteer AADD vehicle in a crowded parking lot.

Broadway Signs produced and delivered 20 magnetic signs volunteers can attach to their vehicles, so they can be recognized as a free and safe ride for members of Elmendorf who have drunk alcohol and called 552-HOME for a ride home.

AFSA Chapter 1473 donated funds for the procurement of the signs and Broadway Signs lent their expertise to the development and reduced the price to less than half what the AADD committee expected to pay – that translated to more signs and increased awareness of the volunteers' efforts to keep Anchorage



PHOTOS BY TECH. SGT. ADRIAN CADIZ

Arctic Warriors in search of a safe ride home after drinking alcohol will find it much easier to locate their ride thanks to the combined efforts of Elmendorf's Air Force Sergeants Association, the Airmen Against Drunk Driving and Broadway Signs, a local sign making company. Twenty of these magnetic signs were produced for volunteer drivers to place on their vehicles so they're easily recognized when picking up people who've called for a ride home.

safe and help Team Elmendorf members have fun safely.

"The magnetic signs are

designed to make it easy for people to quickly identify our volunteers. That'll save a lot of time that is often wasted

trying to connect with the person requesting the ride and that's time needed to get to the next 'save,'" said Airman 1st Class Kasi Morrow, 381st Intelligence Squadron and AADD member tasked with purchasing the banners.

Master Sgt. Mike Thurnes, 381st IS and AFSA's AADD liaison, and Airman Morrow had pretty extensive requests on their hands when they approached the sign makers in the local area. They were looking for something stylish and safe for a volunteer's car. "We certainly didn't want something that ruins our volunteers' cars by causing damage and we were really impressed with the pride Broadway Signs put into their work and they've assured us their signs do no damage to vehicles," said Airman Morrow.

"I believe this is a great idea," said Dona Shockley, president and general manager of Broadway Signs. "This program provides safety for our Airmen and the residents of Anchorage and we're always happy to assist in making our community safer."

Miss Shockley went on to say they were anxious to help because many of her family members have served in various branches of the military in conflicts that involved countries such as Korea, Germany, Vietnam, and Saudi Arabia.

"This program works very effectively," said Airman Morrow. "But the first step in making sure all of our team members get home safely is to ensure they remember to call if they need a ride."



Airman 1st Class Jeffery Barnett, 3rd Civil Engineer Squadron and Airman 1st Class Jacob Jordan, 962nd Airborne Air Control Squadron place a magnetic sign on a volunteer's vehicle. The signs make it easier for callers to recognize vehicles used to transport people who've been drinking.



Left: Rachael Trimborn opens the door to her new house for the first time after receiving the keys at a ribbon-cutting ceremony held at the Moose Crossing development July 5.

Below: Airman 1st Class Matthew Trimborn, 3rd Aircraft Maintenance Squadron, takes a walk through their new neighborhood with his wife Rachael and their daughter Bailey.

Above: Airman 1st Class Matthew Trimborn, 3rd Aircraft Maintenance Squadron, enjoys the view of his family's new neighborhood with his daughter Bailey. The Trimborn's were one of the first families to move into the Moose Crossing housing area which has new units opening weekly. Moose Crossing is the latest build by Aurora Housing which is designed to replace some of the older housing units on base.

Right: The Trimborn family's household goods arrive.



Families move into new digs

By Tech. Sgt. Theo McNamara
Staff Writer

One of the first families to move into the new Moose Crossing neighborhood got the red-ribbon treatment July 5, less than one year after construction began, when Air Force and Aurora Military Housing II, LLC hosted a grand opening ceremony for the new neighborhood.

Airman 1st Class Matthew Trimborn and his family were the first to accept keys to their new house, and now other families have already begun moving in.

“We’re ahead of schedule right now and you can really begin to see how it’s coming together, but before we’re finished, we’ll have a total of 760 new homes; 552 old units will be demolished and other existing units will be renovated. If all goes as scheduled, there’ll be a road that connects Elmendorf to Fort Richardson, later this year,” said David Germer, the deputy project manager who’s overseeing the entire Phase II project. “Our aim is to give Elmendorf’s Airmen the best housing the Air Force has to offer. For us, housing isn’t just about the house – it’s the neighborhood and what it

offers that makes it great.

“This is a really super neighborhood. Even the road leading into here is scenic, but what’s more is that almost every home has a good view and we’re getting better at building neighborhoods,” he said.

Aurora Military Housing built 420 new homes on Elmendorf in 2001, 372 of those were built on previously undeveloped land and resulted in a completely new neighborhood with playgrounds, neighborhood community centers, paved bike trails and more.

Planners used lessons learned from Phase I and feedback from residents to make the Moose Crossing neighborhood even better.

In addition to scenic views, residents will also find over-flow parking lots. All the homes will have room for two cars and there’ll be basketball courts and soccer fields among other things.

When Phase II is complete, Aurora will own and manage 2,022 housing units in Phase I and Phase II and Elmendorf will have 208 more homes than existed when the Air Force owned and managed base housing.

Those who would like to schedule an individual appointment to see the model unit may contact Aurora Military Housing at 753-9399.



A construction worker drives a few nails into what will become a new family housing unit in the Moose Crossing development.



ITT offers help in planning trips

By Mrs. Mary Rall
3rd Services Marketing

Sometimes we all just need to take a timeout. Whether we are four or forty, a little time away has the potential for working wonders. Information, Tickets and Travel's leisure travel services are an outlet for vacation seekers to get some time away and save some money in the process.

To get your next jaunt or full fledged adventure off on the right foot, ITT is making use of the most up to date reservation system that can tap in to the necessary resources to obtain customers the absolutely best price they can achieve.

Patrons can stop by the office in the Arctic Oasis Community Center and talk with the ITT staff to find booking information for airline tickets, cruises, rental cars, hotel accommodations, entertainment options and more. Also, those who would like to arrange their next vacation from the comfort of

home can do so by logging on to www.aftravelonline.com.

Regardless of whether patrons opt to stop by ITT in person or book their next trip via mouse click, both services offer a wide variety of options to help individuals book a trip that best meets their needs.

While many people book trips based on where they want to go, ITT can take things to the next level by creating a trip around an individual's interests as well. Whether your interests are archeology to sun worshipping, ITT can help you create a package around particular points of interest so that, once there, all your planning is done and you can just concentrate on having a good time.

Although ITT is always there to meet your leisure travel needs, they also offer many other discounted services that make it one of the best resources for saving money.

Whether a person is leav-

ing the state or enjoying a trip locally, ITT continues to be a ticket to fun and is a great resource for obtaining information on local venues, maps, dining and entertainment.

Patrons can even purchase discounted tickets for local attractions such as Regal Cinemas, the Alaska Native Heritage Center, The Imaginarium, Seward Sea Life Center, the Alyeska Tram and the Alaska Experience Theater. Those traveling out of state can take advantage of great deals for theme parks such as Disneyland, Disneyworld, Universal Studios and more.

Regardless of whether individuals are looking for adventure here or abroad or even something to fill a day off or long weekend, ITT is a great resource to plan through. Because it may not matter if your next trip is big or little if you know you can count on the small prices ITT has to offer.

For more information, call 753-2378.

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Russian River Fishing Trip, Today at 5:30 a.m. for \$30 with the Outdoor Adventure Program. 552-2023

Open Bowling, Today from 5 p.m. to 1 a.m. at the Polar Bowl. 552-4108

CGOC Night, Today at 4:30 p.m. at The Cave. 753-3131

Bicycle Maintenance Class, Today at 4:30 p.m. for \$5 at the Outdoor Recreation Center. 552-2023

McHugh Creek Hike, Today at noon for \$3 and a sack lunch with the Young Adult Center. 753-2371

Retiree Appreciation Night, Today from 5:30-9 p.m. at the Susitna Club. 753-3131

Kids Korner Make and Take Ceramics, Saturday from 1-3 p.m. for \$15 at the Arts and Crafts Center. 552-7012

Meet Professional Beading Artist Danelle Koval, Saturday from 10 a.m. to 2 p.m. at the Arts and Crafts Center. 552-7012

Give Parents a Break, Saturday from 1-5 p.m. at the Denali CDC. 552-8304

All Night Xtreme, Saturday from 10 p.m. to 1 a.m. for \$18 per person at the Polar Bowl. 552-4108

Eklutna Trail Ride, Saturday at 9 a.m. for \$10 at the Outdoor Recreation Center. 552-2023

Sunday Brunch, Sunday from 10:30 a.m. to 2 p.m. at the Susitna Club. 753-3131

Introduction to Photography, Monday from 5-9 p.m. for \$40, Bring own camera at the Arts and Crafts Center. 552-7012

Salmon Fishing at Ship Creek, Monday from noon to 6 p.m. for free with lunch money with the Young Adult Center. 753-2371

Portage Glacier Trip, Monday from noon to 5 p.m. for \$12 at the Youth Center. 552-2266

Red Pin Bowling, Monday from 5-9 p.m. at the Polar Bowl. 552-4108

HBR Fisherman's Challenge, Monday and Tuesday from 5-9 p.m. during open bowling at the Polar Bowl. 552-4108

Road Bike Training, Monday at 5:30 p.m. for free at the Outdoor Recreation Center. 552-2023

Ladies League, Tuesday at 5:30 p.m. at Eagleglen. 552-3821

Eagle River Rafting, Tuesday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Bowler Appreciation Night, Tuesday bowling for \$1.75 per game from 5-9 p.m. at the Polar Bowl. 552-4108

Kayak Pool Training, Tuesday at 8 p.m. for \$25 at the Fitness Center Pool with the Outdoor Adventure Program. 552-2023

Wednesday Night Madness, Wednesday bowl from 5-9 p.m. for \$18 per lane for up to five people. 552-4108

Introduction to Picture Framing, Wednesday from 5:30-9:30 p.m. for \$40 at the Arts and Crafts Center. 552-7012

Beginning Angel Pin, Wednesday from 7-9 p.m. for \$25, \$4.95 for kit at the Arts

and Crafts Center. 552-7012

New Parent Orientations, Wednesday at 10:30 a.m. at the CDCs. 552-8304

Geo Cache/Skate Park Tour in Eagle River, Wednesday from noon to 6 p.m. for \$3 and lunch money with the Young Adult Center. 753-2371

Silver Salmon Fishing Clinic, Wednesday at 6 p.m. for \$10 with the Outdoor Adventure Program. 552-2023

Morning Coffee Conversation, Thursday at 10 a.m. at the Arctic Oasis Community Center. 552-8304

Airmen's Special, Thursday E-4's and below receive a 50 percent discount from 5-9 p.m. at the Polar Bowl. 552-4108

Children Eat Free, Thursday - July 23 from 5:30-9 p.m. at the Susitna Club. 753-3131

Eagle River Rafting, Thursday at 5 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

Mountain Bike Training, Thursday at 5:30 p.m. for free at the Outdoor Recreation Center. 552-2023

Boss and Buddy Night, Thursday at 4:30 p.m. at the Kashim Club. 753-3131

Embroidery Stitching, Thursday and 28 from 5-7 p.m. for \$35 at the Arts and Crafts Center. 552-7012

Family Clay Night, Thursday from 5:30-7:30 p.m. for \$25 for family of four at the Arts and Crafts Center. 552-7012

* Arts and Crafts Center classes must be signed up for three days in advance.

DIG IN: Fill up at the Taco Bar Social Hour from 5-6 p.m. at the Kashim and Susitna clubs. 753-3131

MOVIE: *The Longest Yard (PG-13)* Paul "Wrecking" Crewe was a revered football superstar back in his day, but that time has since faded. But when a messy drunk driving incident lands him in jail, Paul finds he was specifically requested by Warden Hazen, a prison official well aware of Paul's athletic skills. 7 p.m.

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FLOAT AWAY: Take on the river at a Matanuska Rafting Trip at 5:30 p.m. for \$60 with the Outdoor Adventure Program. 552-2023

MOVIE: *Crash (R)* A Brentwood housewife and her DA husband. A Persian storeowner. Two police detectives, who are also lovers. A black television director and his wife. A Mexican locksmith. Two car-jackers. A rookie cop. A middle-aged Korean couple. They all live in Los Angeles. And, in the next 36 hours, they will all collide. 7 p.m.

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GO XTREME: Get two hours of Xtreme bowling, shoe rental, two pitchers of soda and popcorn for \$30 for up to six people per lane from 1-8 p.m. at Family Xtreme Bowling. 552-4108

MOVIE: *Kicking and Screaming (PG)* Phil had to put up all his life with his overly competitive father, Buck. When Phil decides to coach his 10-year-old son's soccer team, he goes head-to-head for the league championship against Buck, who coaches his own young son on the preeminent team of the league. Old scores come into play as Phil and Buck find themselves going to extreme measures to win the championship trophy. 7 p.m.

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RUN AWAY: Take on the Hillberg Challenge July 22 at noon. This cross-country event will be about 4.5 miles through hilly terrain. The start and finish line will be located at Hillberg Ski Hill. 552-5353

The Weekend

U.S. space platforms

By **Capt. Tony Wickman**
Alaskan Command Public Affairs

ACROSS

- 1. Cry of discovery
- 4. Issue a command
- 7. Tiger Woods’ org.
- 10. Fed. drug org.
- 13. Hawaiian food made from taro tuber
- 14. Former USAF slogan ____ High
- 15. Dine
- 16. Drink slowly
- 17. Fancy vase
- 18. Actress Taylor, informally
- 19. Everything
- 20. Expert
- 21. Bubbles
- 23. Rear end
- 25. Address for female officer
- 28. Fed. space org.
- 30. Station to station mil. move
- 32. Purple shade
- 34. Gun lobby
- 37. Aid
- 38. Animate
- 39. Shadow
- 41. Chinese Communist leader Zedong

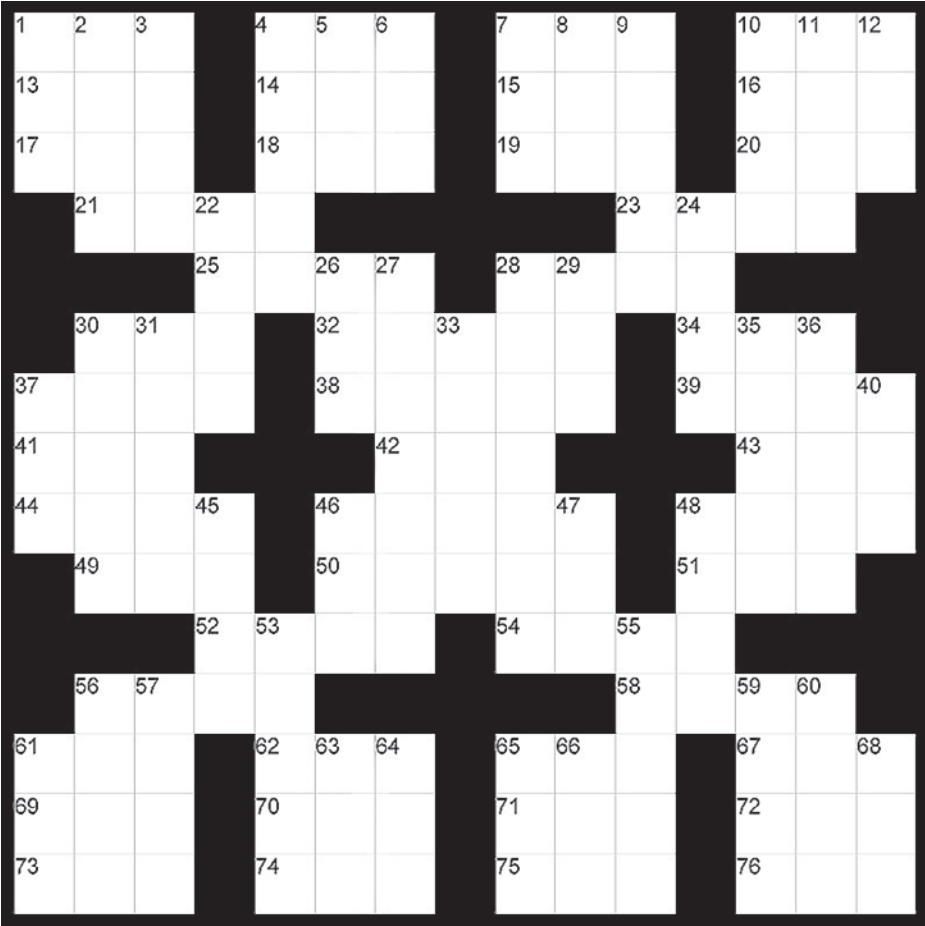


Last week’s solution

- 42. Space shuttle, informally
- 43. Rapping Dr.
- 44. Fall mons.
- 46. Restores, in editing
- 48. Garden tools
- 49. Compass dir.
- 50. Unit of weight for precious stones
- 51. Pacino movie ____ Given Sunday
- 52. Sultan
- 54. Yankee great Babe
- 56. Snip
- 58. Foot part
- 61. LGM-30 Minute____ (See 5 DOWN)
- 62. ____-Magnon
- 65. Vampire or fruit type
- 67. Actress Thompson
- 69. St. alternative
- 70. Allow
- 71. A Gershwin
- 72. Op or Surreal
- 73. Morning moisture
- 74. Prone
- 75. X to Caesar
- 76. Quick rest

DOWN

- 1. Kwik-E-Mart owner on The Simpsons
- 2. ____ d’oeuvres
- 3. Indigenous people of Japan
- 4. Tropical American soft-wood tree
- 5. LGM-30, current version
- 6. Mil. zone in Korea
- 7. Pod filler
- 8. Women
- 9. ____ V, USAF launch vehicle
- 10. USAF asset to detect missiles/space launches, NUDETs
- 11. Ireland, formerly
- 12. Mil. address
- 22. USAF asset to collect weather data for military ops
- 24. Bluster
- 26. South. state home to Maxwell AFB



- 27. Joint service secure, jam-resistant SATCOM system
- 28. USAF asset providing military, civilian navigation data
- 29. Pilot with 5+ kills
- 30. LG-118A ____keeper (ICBM)
- 31. Congeals
- 33. Metric measurement
- 35. Periodic symbol Rn
- 36. Former CMSAF
- 37. Healthcare org.
- 40. Mil. pay statement
- 45. Oracle
- 46. Genre ____-fi

- 47. Mil. secure phone
- 48. 1944 Nobel Prize chemist Otto
- 53. Islamic holy site
- 55. USAF space booster ____IVB
- 56. AFSPC radar system ____ PAWS
- 57. From scratch
- 59. Tribe
- 60. Zeus’ spouse
- 61. Angry
- 63. Music genre
- 64. Canadian prov.
- 65. Small portion
- 66. Exist
- 68. Agassi org

SPORTS PAGE

Staying fit, safe crucial for Arctic Warriors

Tech. Sgt. Theo McNamara
Staff Writer

Running in Alaska offers many an opportunity to stay in shape, but some trails can be challenging with unpredictable obstacles. Avoiding those obstacles and staying safe is a key component to ensuring people can continue to enjoy all the Alaskan community has to offer.

“All around Anchorage there are paved trails that offer breathtaking views, and if you grow tired of the local scenery, it’s just a short drive to any number of trailheads where other options to keep a run or bike ride interesting are easily accessible,” said Matt Livingston, a fitness and aquatics director at Elmendorf’s Fitness Center. “But with that said, some of the trails in and around Anchorage and even on base have unforeseen dangers that can really cause a person some damage. If running on an unpaved, or even on a hard surface, people need to be alert to all the possible hazards that exist.” He explained the most common injuries for runners are torn muscles and ligaments and that a simple ankle sprain can create a lot of pain and prevent a person from running.

“Just because it’s cool outside, it doesn’t mean your body won’t crave and need water and stretching before and after your workout. These are critical to keeping your body

healthy,” said Mr. Livingston, who is also a certified personal trainer. “People should drink plenty of water well before beginning their workout, and stretching will help protect connective tissues from injury.”

Injuries can also come from even less predictable sources according to Lewis Carter, an Arctic Warrior and an avid runner who’s been at it since age 12.

“Running in Alaska is like any place else, until winter. There aren’t any indoor tracks, so unless you’re willing to brave the cold and run on the ice – it’s probably going to be the treadmill or nothing,” he said.

“People who choose to put their exercise regimen on hold for the winter months are more susceptible to muscle and ligament injuries,” said Mr. Livingston. “Muscles become shorter, tighter and weaker if not used enough, which makes stretching even more important. A lack of stretching leaves many people vulnerable to connective tissue injuries, back pain and even muscle overuse and over stress. Stretching increases flexibility and can even improve a person’s balance.”

Stretching after the workout is equally important and reducing the intensity of the workout before ending the exercise will help rid the body of waste products like lactic acid, and will promote quick recovery of muscles after the workout, according to Mr. Livingston.



Arctic Warriors participate in a group fitness program. Attendance at fitness centers is up more than 30 percent Air Force-wide, but staying fit also means keeping your body healthy so to avoid injuries and dehydration.



PHOTOS BY TECH. SGT. KEITH BROWN

Staying hydrated and stretching before and after a workout can help prevent injury.

